

HEALTH FAMILIES SAVINGS
FAMILIES 2010 SAVINGS
SAVINGS NUTRITION 20
NUTRITION 2010 LEARN
LEARN CONFIDENCE SKILLS
10 CONFIDENCE SKILLS
SKILLS 2010 COOKING E
COOKING EMPOWERME
EMPOWERMENT 2010 HE
HEALTH 2010 FAMILIES



*Cent\$ible
Nutrition
Program*

PROGRAM
HIGHLIGHTS

THE PROGRAM

The *Cent\$ible Nutrition Program's* (CNP) skilled educators help families improve nutrition and food safety practices for complete, safe nutrition; plan and shop for adequate food throughout the month; and increase physical activity for well-being.

Across Wyoming, Cent\$ible Nutrition Program educators effectively provide hands-on learning opportunities, services and information as part of the University of Wyoming Cooperative Extension Service, and in collaboration with the Wyoming Department of Family Services and other county and local service providers. CNP is funded by Supplemental Nutrition Assistance Program Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). CNP is engaged in education through cooking classes, presentations, newsletter distribution, youth curriculum in qualifying schools, and the CNP web site. CNP practice is informed by measurable outcome objectives and research.

YEAR IN REVIEW

The Cent\$ible Nutrition Program made a difference for residents throughout Wyoming in 2010. Completing an average of 8.5 lessons, 1,133 adults graduated from the Cent\$ible Nutrition Program. One-time educational lessons reached 4,634 adults and 4,735 youth, and the Cent\$ible Nutrition website saw an average of 5,000 visitors per month. An average of 34,500 Cent\$ible Nutrition News newsletters were distributed monthly, as well as 1,900 per month in Spanish.

A new program for 4th graders in *Wyoming schools, Munching Through Wyoming History*, was revised and updated from the camp to a classroom setting. The curriculum educates students about nutrition and directly relate it to the Wyoming history lessons taught in 4th-grade classrooms.



Wyoming families who participated in CNP saved an average of **\$53.82** per month on food, or nearly **\$650** over the year.

YOUTH IMPACTS

Throughout the past year, CNP educators worked with 2,574 youth using the *Grazin' with Marty Moose*, *WIN Kids*, and *Munching through Wyoming History* curricula. Below are some of the measured impacts.

- 30% now eat a variety of foods
- 36% increased knowledge of nutrition
- 18% increased their ability to select low-cost, nutritious food
- 21% improved practices in food preparation and safety
- About half knew about MyPyramid
- 34.6% increased their intake of milk, cheese, or yogurt
- 23% more could identify missing food groups in meals
- 37% more could identify physical activity recommendations for their age
- 28.5% increased their knowledge of body size diversity

REACHING AUDIENCES THROUGH CREATIVITY: COMMODITY CHEF

In the cold months of late winter, The *Cent\$ible Nutrition Program* (CNP) hosted a series of cooking competitions across Wyoming in Cheyenne, Buffalo, Lusk, Newcastle, Riverton, Casper, Greybull and Evanston. The public events promoted the basic tenets of the CNP program, to eat well for less, and highlighted how USDA commodity foods could be used in great tasting, economical, and nutritious recipes. The events raised awareness of resources available to Wyoming residents to combat hunger. A variety of agencies participated, including Department of Family Services, Wyoming Food Bank of the Rockies, law enforcement, mental health providers, food pantries and schools.

Governor Dave and First Lady Nancy Freudenthal participated at Triumph High School in Cheyenne. Students teamed up with chefs from Laramie County Community College, the Governor’s Mansion, and Peak Wellness Transitional Treatment Center. Both the Cheyenne and Casper events included resource fairs for people attending the event. The program features of the Cent\$ible Nutrition Program and other resources available through the University of Wyoming’s Cooperative Extension Service were on display.

In Buffalo, the panel of judges included County Sheriff Steve Kozisek, County Commissioner Smokey Wildeman, County Attorney Chris Wages and Buffalo City Councilwoman Patty Reid. Five families competed at the local Boys and Girls Club. The families met prior to the event with Cent\$ible Nutrition Program Associate, Tammy Ware, and learned about basic nutrition and the USDA’s MyPyramid nutritional messages and tools. A variety of families participated including single parents with their children, a multi-generational team, and couples with children

Some Commodity Chef events involved local youth as competing chefs. The program in Lusk featured juniors and seniors from the high school culinary arts class and the event in Evanston featured students from the hospitality foods class. Nine teams of students from the ProStart Culinary Arts program in Newcastle prepared dishes and competed. Two local chefs from Riverton and Lander teamed with students from the towns’ alternative high schools.

The participants’ creative fire was fueled by the competition, and successful recipes were shared. Among the favorites were Spicy African Yam Soup, Apricot Pork Meatballs, Breakfast Scrambler, Insalata Di Mela (Apple Salad) and Tomato Spinach bread.

STORIES OF SUCCESS

A young mother of one who was expecting another child saved her family \$100 a month by planning menus and cooking from scratch. She was excited to have plenty of food on the 20th day of the month.

A single father of a 19-month old girl was referred by the Department of Family Services. He wanted to be a good father and help his child form good habits. He enjoyed the cooking lessons and made meals from the CNP cookbook daily. His weight and food bill went down, he feels better, and he eats better than ever before.

“After first scoffing at the suggestion to try to eat three cups of raw vegetables every day, I figured, what could I lose? Very soon after beginning this new habit, I was able to stop taking a commercial daily fiber product for regularity. Also, I see a loss of body fat in my tummy area. I feel like I have more energy and I am less hungry.”

“Because I learned how to cook fresh pinto beans during the Protein lesson, I make home-made refried beans for my family when I receive beans with my WIC benefits.”

“I’m thankful that I could bring my 1-year-old to class because I can’t afford a baby sitter. These classes helped me see and get involved in food preparation. I needed that. Now I cook better meals.”

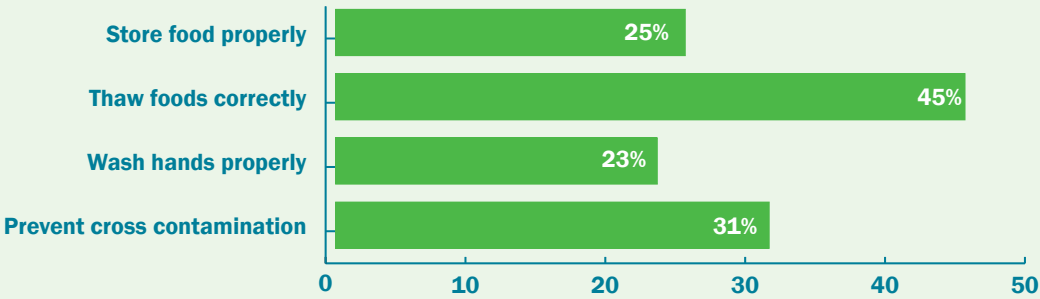
“Thanks for making us try new foods. Like the veggie dip that was awesome! The tomatoes, celery and best of all, jicama. I had never tried that before. My taste buds were very happy and bouncy.” ~ student in a *Grazin’ with Marty Moose* class

While eating lunch with her class, an elementary teacher noticed students were discussing the food groups in their school lunches. They knew what foods help their bodies go, glow and grow!



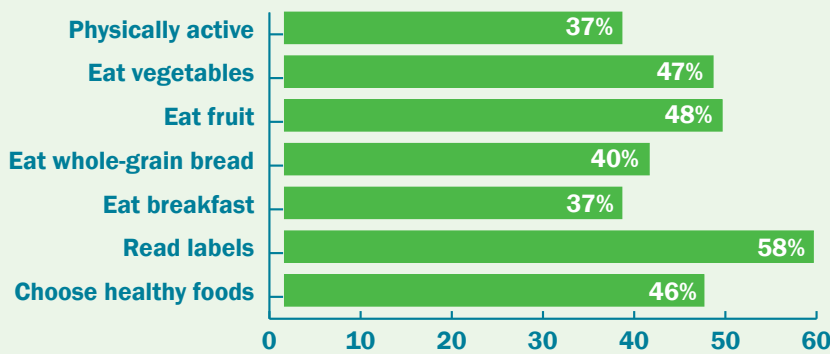
FOOD SAFETY

54% of adult graduates improved one or more food safety practices.



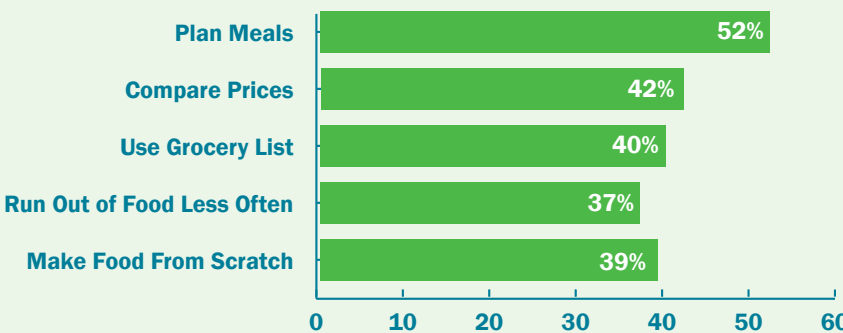
NUTRITIONAL PRACTICES & PHYSICAL ACTIVITY

88% of adult graduates improved one or more nutrition practices.



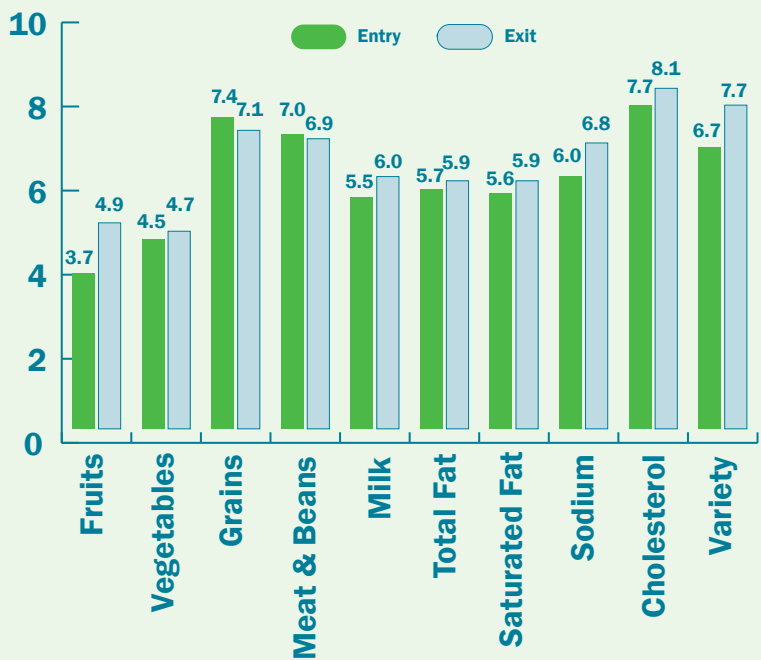
FOOD RESOURCE MANAGEMENT

82% of adult graduates improved one or more food resource management practices.



HEALTHY EATING IMPROVEMENT

The Healthy Eating Index (HEI) takes into account food groups some nutrients, and overall variety. The HEI increased from 59.8 to 63.9.





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Inside you will see Amber and her young daughter, Lacey, work together to make nutritious, whole-grain bread. They are Cent\$ible Nutrition Program graduates in Washakie County.

Helping Families Eat Better For Less

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, in Wyoming call 800-457-3659 or contact your local social services office. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.